

# Is Your Child Being Bullied?

On the school playground or in the neighborhood, children sometimes find themselves the target of bullies. When this happens, these bullies can not only scare a child but they can also cause injury.

If you suspect a problem like this, you need to take action to protect your child's safety and wellbeing.

## **Here are some steps your child can adopt with your help.**

- Tell your child not to react to the bully. Your child should try to stay calm, and simply walk away. A bully likes intimidating others and wants to see his/her victim become upset.
- If your child is not able to avoid the bully's behavior teach them to react firmly and assertively. Encourage your child to stand tall and look the bully in the eyes, stating clearly and loudly, "Stop doing that now. If you keep on, I'm going to tell \_\_\_\_\_ (person)." Or, "I'll talk to you, but I'm not going to fight. So, put your fists down now." Sometimes, a strong statement or drawing the attention of peers to the situation can embarrass the bully.
- Encourage your child to form strong friendships. A child who has friends is less likely to be singled out by a bully.
- Talk to your child's teacher or to the principal of the school if the bullying continues. Ask the principal or teacher to talk to the bully.



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

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